

# Transforming Washington Communities

## Chronic Disease Prevention Success Story

### What is DPP?

The Diabetes Prevention Program (DPP) is an evidence-based program for individuals with prediabetes and is available across Washington State. The Washington State Department of Health has promoted this program since 2009. Partner agencies, including the YMCAs of Washington, provide classes in many communities.

1.8 million Washingtonians have prediabetes. Recent coverage of the DPP for Public Employee Benefit Board (PEBB) enrollees means an estimated 40,000 WA State employees and their families with prediabetes can access this program. However, this represents only 2 percent of the adults with prediabetes in the state.

If the DPP were a covered benefit for people enrolled in Medicaid, Medicare and Washington's Health Benefits Exchange, an additional one third of Washingtonians with prediabetes could access this prevention program.

Through a partnership with the Washington Information Network 211, Washington residents across the state can find their nearest Diabetes Prevention Program.

Sustaining and growing programs like the National DPP is vital in order to build a stronger, healthier and more connected Washington State.

**Dial 2-1-1 or visit  
[www.win211.org](http://www.win211.org)**

### Karen's Story

In 2012, Karen faced a painful situation: her mother and brother were dealing with serious complications from type 2 diabetes. Their diabetes had gone uncontrolled for years. Her brother spent a year in bed with an ulcer on his foot, resulting in amputation of his leg. Shortly after receiving a prosthesis and physical therapy, he died suddenly of a pulmonary embolism.

Karen's mother had initially been diagnosed with diabetes at age 55 and remained untreated for many years until complications set in. She lost most of her eyesight, had a leg amputated, and broke her remaining leg. "It was hard for her and hard for us to see her like that. My brother had died by then, and she said, 'No more, I'm done.' She died five days later."

Due to her risk factors, in January 2013, following the death of her brother and her mother, Karen and her husband enrolled in the Diabetes Prevention Program.

They worked hard to start eating right and becoming physically active. "My activity level has increased. I hear Shirley, my DPP coach, telling me that exercise is my best friend. I am 71 and, for the first time in my life, I can jog eight miles. DPP has changed my life. I believe in it 100 percent. My kids are finally taking heed and paying attention to what they're doing."

Because this program has positively affected her life, Karen continues to be a strong advocate of this program with her family and community. She believes that early diagnosis of prediabetes and diabetes is the key to preventing the outcomes her brother and mother endured.

Karen participated in DPP through the Washington State University (WSU) Extension. WSU Extension, YMCAs and other partners are making the program accessible to even more people.

**Residents across the state can call 2-1-1 from any phone or visit  
[www.win211.org](http://www.win211.org) to find a local DPP.**

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